Evening World Daily Magazine

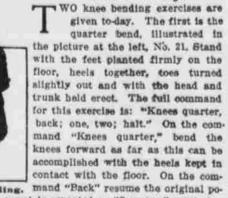
Can You Beat It!

U. S. Army Exercises And First Aid Lessons By PAULINE FURLONG

Published by The Evening World to Help Men and Women Prepare for Any Call to Service.

FOURTH SET-Leg Exercises Nos. 21 and 22.

Knee Bending.





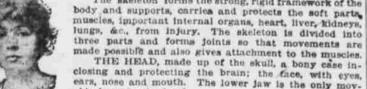
Knee Bending. mand "Back" resume the original po. Full Knee Bend mition. This count is repeated as "One, two" until the command "Halt."

Full Knee Bend. In the full bend the heels are slightly raised so that the entire weight of the body rests on the balls of the feet. The heels should be together, with the knees as far apart as possible. The commands are: "Knees full bend, back; one, two; halt." The bending is deeper than in the first exercles, as cut No. 22 Illustrates.

FIRST AID-Lesson No. 10; the Skeleton.

IRST AID students must know something about how the human body is made before they can intelligently study and treat injuries, and our first lesson on the structure of it starts to-day with a descripion of the skeleton, or hard, bony part of the body.

The skeleton forms the strong, rigid framework of the



bone in the head. THE TRUNK, which is divided by the diaphragma large, flat muscle-into two parts, the upper portion being called the chest and containing the esophagus, through which food and drink passes to the stomach, lungs, heart and some large blood vessels. The lower portion is the abdomen, in which are found

the stomach, liver, bladder, kidneys, the intestines and other organs. The trunk is formed of several bones, spinal column, ribs, breast bone and pelvis, which are of great interest and help to the first aider, and these THE UPPER AND LOWER LIMBS form the third important part of

the skeleton or bony part of the body. The study of the bones of the human body is most important to the first aider, because broken and fractured bones are the most common of all

Answers to Health and Beauty Questions.

PIMPLES—II. S.: Since vou bathe, less muscles are not sufficiently deexercise and eat simple foods every
day and never suffer from constipation, the trouble may be local. Sometimes impure soaps, unclean towels,
add, cause skin troubles.

REDUCE WEIGHT WITHOUT

EXERCISE-MRS. G.: Since you are physically unable to exercise, you will have to depend on diet to reduce you, but do not be too anxious to take the reight off quickly and start in to starve yourself. This is not necessary, and many foods are both nourlahing and not fattening. The excess weight and superfluous fat make you drowsy all the time.

SALLOW, OILY SKIN-M. B.: After washing face with soan and water apply lime water. Avoid water apply lime water greasy foods and pastries.

ROUGH, RED SKIN-RUTH F.:

"No, of course not," said the young man soothingly. "My eyestlasses are falling off and I don't want to leave so of your lovely little bands."

Guigles!—Answers, London,





By Maurice Ketten









"Ma" Sunday's Intimate Talks With Young Girls

THE GIRL WHO WAS AN EASY MARK By "Ma" Sunday
(Wife of Billy Sunday, the Fornous Ecangelist)

THEL was an attractive girl, full of kindly, sympathetic impulse, and without a single mean trait in her make-up. She had been out several seasons and was extremely popular with the opposite sex, the boys and men vieing with one another to be her escort at picnics and parties. In fact, one would have thought her lot a singularly happy one for a young girl. Yet, in spite of the fact that she was always in demand and never lacked for dewoted attention, she did not become definitely it engaged to any of her admirers.

I thought perhaps it was because she had not found the right man and was saving herself for her ideal; but, one day, a middle aged friend of hers gave me the solution. Ethel had just gone by us, swinging her tennis racket, and stopped to speak to a young chap who had the marks of recent overindulgence in alcohol written on his face. Her manner was full of kindly solicitation, and she patted him on the arm, saying:

"Cheer up, Eddie! You'll soon be feeling better. Come out to the house and I'll make you a cup of strong coffee."

My companion shrugged his shoulders.

"There is a girl," he explained, "who sooner or later will become the victim of her oversympathetic nature. She is so plastic, so responsive, so weakly kind to anybody in any sort of distress that she has no real moral fibre. She will never make a good marriage, for she's in the losing game of giving too much attention to any one who asks. A serious man would be afraid to marry her for fear that, even after she was his wife, her sympathles might be played upon by some one else and both their lives wrecked.

"One of the reasons the boys are all keen to take Ethel out is because she's such an easy mark. All they have to do is to pretend to feel hurt, or abused at her refusal, and she'll do anything for them. The very tenderness of her nature makes her reluctant to cause anybody unhappiness if she can make them more contented, even by permitting the familiarities which should be reserved for her engaged lover. I am sorry for Ethel. She is a good, sweet girl, but I shudder to think what would happen to her if she met an unscrupulous man. She would be like wax in his hands."

I determined to have a talk with Ethel before it was too late. As delicately as I could I pointed out to her the danger she was running. Her candid eyes filled with tears.

"So that is the reason," she cried, "why none of the boys I have liked, and who seemed to like me so much, ever came to the point of proposing! I have often wondered why, one by one, the men who went with me would go off and marry some one else, maybe a little mouse of a girl who could scarcely say 'Boo.' I think it is unfair." I told her it was.

She fell to weeping bitterly and I tried to comfort her by telling her that it was not too late to change. I pointed out to her that a sympathetic and tender heart is one of the most priceless endowments, but that same sympathy must not be allowed to run loose that it should be conserved for those who are honestly worthy and needful of it. I showed her that it is the nature of the average man to play around with the girl who is called an easy mark, and then go off and marry the other girl who holds herself aloof. A man wants for the mother of his children a woman who hasn't been cheapened, and it is only by keeping herself "unspotted from the world" that a girl can command the reverence he must feel for the woman he chooses for his wife.

(Coppright, 1917, by The Bell Syndicate, inc),

KING OF THE KHYBER RIFLES

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

And while King knelt behind the will finish the cure."

multah and the whole camp faced The six blind men, half-resentful, were slaned with a strange scrawl ment there came a strange procession because Ismail drove them with words the paper smelt strongly of her peramong them—not strange to the and blows. And as they went a tail furne.

"Halls," where such sights are com-

ROUGH SCHILLETTER DE STANDARD FOR STANDARD STAND

By Talbot Mundy

non, but strange to that camp and with a letter for the mullah held out and I will let you and them enter King's horse and he mounted. And

A Story of New York in the Revolution Will Begin on This Page July 2

Ways to Utilize "Left-Overs"

HOW ONE MAN SAVED INDIA
FOR BRITAIN—THE WAR'S MOST
FASCINATING ROMANCE

They were weary, ranged, lean—aplace of savery smell, they came on again—seven blind men.

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They were weary, ranged, lean—aplace of savery smell, they came on again all smell in the caver Khinjan caves. We will strike a then at King's house and them thing and took him undergon in the first in the caven of Barth's hair of the first in the caven of Barth's hair of the first in the caven of Barth's hair of the first in the caven the first in the cave the first in the caven the hair of the second of the secon

when cold form into balls and fry in hot dripping.

PUFFS—Chop any cold roast meat and season with pepper and salt. Mash potatoes, form into paste with an egg. When cold roll out and dredge with flour. Cut in circular shape, put mest mixture on half saud fold other half over like a puff. Pinch edges together and fry in hot dripping.